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VEAL CHART

IDENTIFICATION WHOLESALE AND RETAIL CUTS

U. S. DEPARTMENT OF AGRICULTURE
BUREAU OF AGRICULTURAL ECONOMICS
DIVISION OF LIVESTOCK, MEATS AND WOOL

WHOLESALE CUTS

① AND ② HIND SADDLE
① LEG
② LOIN

③ AND ④ FORE SADDLE
③ HOTEL RACK
④ CHUCK

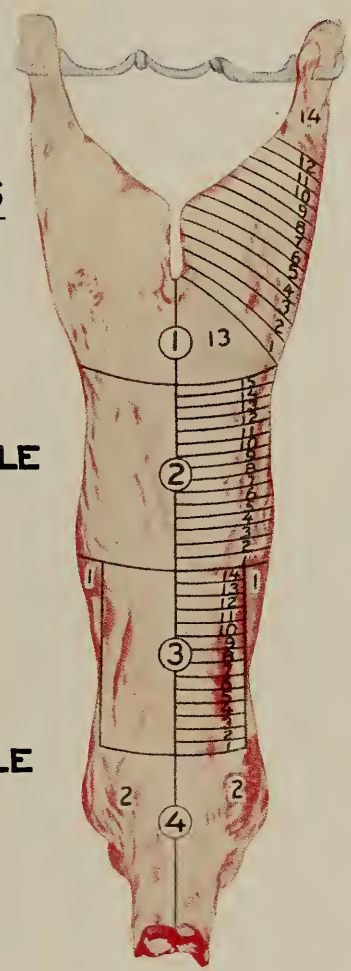
RETAIL CUTS

① LEG
1 TO 12 CUTLETS
13 - ROAST
14 - SHANK (STEW)

② LOIN
1 TO 15 LOIN AND
KIDNEY CHOPS

③ HOTEL RACK
1 TO 14 - RIB CHOPS

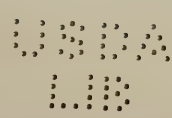
④ CHUCK *Including
shoulder, neck and breast*
1 - STEW
2 - ROASTS



Numerals in circles refer to wholesale cuts Other numerals refer to retail cuts

YIELDS OF WHOLESALE CUTS AND SUBDIVISIONS	
① AND ② HIND SADDLE - 49%	③ AND ④ FORE SADDLE - 51%
① LEGS - 40%	③ HOTEL RACK - 6.5%
② LOIN - 9%	④ CHUCK - 44.5%

DISTRIBUTED COURTESY
NATIONAL LIVESTOCK AND MEAT BOARD
407 SOUTH DEARBORN STREET
CHICAGO, ILL.



VEAL CUTS AND THEIR USES

Description	Cut	Characteristics of Cut	Uses	Extra Edible Parts and How Prepared
<p>Veal is almost white in color with a delicate pinkish tinge.</p> <p>The flesh is not so firm as that of beef.</p> <p>The fat is pinkish white and firm.</p>	Leg	Solid meat of good quality; very little waste	Roasts, steaks (called cutlets)	Heart— Baked, stewed, braised
	Loin	Excellent quality	Chops, roasts	Brains— Sautéd, creamed, scrambled
	Rib	Excellent quality	Chops, roasts	Kidney— Broiled, stewed, meat pie, sautéd
	Breast	Good quality	Roasts	Liver— Sautéd, baked, braised
	Shoulder	Solid meat of good quality	Roasts, stews	Tongue— Corned, smoked, boiled
	Shanks	Fore and hind shanks, bone and gristle—little meat	Stews, soup	Sweetbreads— Creamed, braised, broiled, salad
	Chuck Includes the shoulder, breast and neck	Meat of good quality	Roasts, steaks	

TIME-TABLE FOR COOKING VEAL

Cut	Broiled or Panbroiled	Roasted or Baked	Boiled	Braised
Loin	<p>Veal contains little fat and needs long, slow cooking, therefore, broiling or pan-broiling is not recommended as a method of cooking any veal cut. Braising is the usual way of preparing veal chops and cutlets.</p>	25 min. at 500° + 25 min. per pound at 425°-450°.	<p>Boiling is not a method used in cooking veal as that meat contains little extractives.</p>	
Shoulder		25 min. at 500° + 25-30 min. per pound at 425°-450°		
Leg		30 min. at 525° + 25-30 min. per pound at 450°		
Cutlets				40-50 min.
Chops				20-25 min.

An oven regulator insures more uniform and exact results.

Slow oven is 250°-350° F.; moderate oven is 350°-400° F.; hot oven is 400°-500° F.; very hot oven is 500°-550° F.





